



Coming up

April 2026 – Tales of the Tower of London

Speaker: Keith Hanson RVM former Soldier and Yeoman Warder at the Tower will deliver an overview of all that the Tower has been across the years, with almost 1,000 years of history within its walls, discover what, why and who, makes the Tower of London so important.

May 2026 – Social Event

Join us for a relaxed and enjoyable morning of nice food, good company and conversation. We will also be hearing from some of our founder/longstanding members about their memories of how our U3A started.

June 2026 – Masters of Mirth – The Sequel

Mike Storr, who last spoke to us in January 2019 returns. This talk provides another affectionate look at some more of the Music Hall laughter makers. Highlights include how Music Hall began and some favourite characters and their famous monologues.

The Cliff Newsletter

Spring 2026, Issue 73

Hi everyone and welcome to the
Spring Newsletter.

tjjwaddo@gmail.com

Tina James – Editor

Notes from the Chair

Dear Fellow Members,

As the days get a little longer and it gets a bit warmer, we hope you're keeping well and enjoying the varied activities our U3A has to offer.

Thanks to those of you who attended the AGM and Auction in February, not only was the auction a lot of fun but we also managed to raise £308, so thank you for bringing such great items and bidding on them.

Our group continues to thrive thanks to the enthusiasm and talents of our current members. However, like many U3As around the country, we've noticed attendance at some groups and events has been a little lighter lately.

To keep our wonderful range of activities going strong — and hopefully add a few new ones, we need more members. There are many people in our community who, I feel sure would

love to join us: retirees discovering new interests, people looking for friendly conversation, or those who simply want to learn something new in a relaxed, welcoming environment.

If you know someone who might enjoy what we do, please invite them along. New members bring fresh energy, new stories and often new interest groups — so your personal invitation really can make a significant difference.

You are all invited to our May Social Gathering This will be on Friday 8th 10:30 at The Venue. Further details are in this newsletter.

We look forward to seeing as many of you as possible.

Regards,
Your Chairman, Rob

Coming up cont'd

July 2026 – Jean Bemrose MM SRN - Nursing in WW1 – Speaker: Chris Hewis

Local historian Chris Hewis recounts the story of nursing on the front line in WW1 in France. Jean Bemrose was awarded the Military Medal for her gallantry and devotion to duty during a major air raid on Étapes Hospital. Using copies of albums, photographs and memorabilia from her own collection, this is a unique insight into WW1 nursing care.

August 2026 – Social Event – No speaker planned

September 2026 – Historical Graffiti – Speaker: Colin Shields

Writing on the walls: the historic graffiti at Lincoln Cathedral - A survey of the historic graffiti at Lincoln Cathedral was undertaken in 2018 when over 3,000 individual items were discovered and recorded. This presentation by Colin Shields, a medieval graffiti tour guide at Lincoln Cathedral, uses examples of this graffiti to offer explanations as to why pilgrims and other visitors to the Cathedral in past centuries found it necessary to leave their mark.

October 2026 – Mindfulness – Speaker: Dr Sandra McCutcheon

Our minds are busy and fast places (full of thoughts and thinking) and sometimes feel like they have a mind of their own! This talk aims to show that when practised regularly, compassion-based mindfulness and compassionate mind training are effective tools which can help reduce anxiety, improve focus, attention and memory, and encourage feelings of well-being, self-compassion, kindness and happiness.

November 2026 – Lincolnshire's Voluntary Centre Service – Speaker: Jane Smith

Lincolnshire Community and Voluntary Partnership bring together two of Lincolnshire's biggest charity organisations; Voluntary Centre Services (VCS) and Lincolnshire Community and Voluntary Service (LCVS) to create an organisation that is making a difference to the communities of Lincolnshire. The presentation will discuss the benefits of volunteering to the individual and the wider community. It will cover the work of the Voluntary Centre Services, including the support provided for those considering volunteering, as well as the support offered to organisations across Lincolnshire.

December 2026 – Christmas Party – No speaker planned

Come and be entertained by our talented members!

January 2027 – St Barnabas Hospice – Speaker: Deborah Yarwood

St Barnabas Hospice is a local independent charity. Every year they support more than 12,000 people across Lincolnshire affected by a life-limiting or terminal illness. The presentation by St Barnabas Fundraising Officer Deborah Yarwood will include information on how St Barnabas support patients and their families in times of need. It will also discuss the various ways the organisation raises funds with the help of their many supporters.

February 2027 – AGM & Auction

March 2027 – Medicinal Plants – Speaker: Hannah Sylvester

Medicinal plants are everywhere, even as we step outside of our front door. In this interactive talk, registered Waddington based Medical Herbalist, Hannah Sylvester, will introduce you to the world of medicinal plants and talk about a series of plants you may already have growing in your garden (as well as some you may consider as weeds!). Plant extracts will be passed around to smell, and taste.

News from the Groups

Short Walks

Convenor – Pat Rampton

These walks are approx.. 2.5 – 3 miles in length and finish with refreshments at a cafe or pub.. They are not challenging walks – no hills or fields. If you feel like joining us please let me know. They take place on the fourth Wednesday morning of each month.

We need new members please. Sign up at the next meeting

Long Walks

Convenor – Pat Rampton

These walks are on the first Thursday morning of each month and are usually 4.5 to 5.5 miles in length with refreshments at a village pub afterwards. Each walk is vetted by a leader from the group so you don't have to worry whether it is a safe walk or not.

We need new members please. Sign up at the next meeting.

Armchair Travel

Convenor – Pat Rampton

We now meet in the Community Centre in Redwood Drive from 10.30 – 12.00 on the second Wednesday morning of each month.

We enjoy taking part in hassle free travel to different parts of the world by watching a presentation by someone who did the travelling for us. It is a good way to “sample” different parts of the world and get a feel of where you would like to visit, or not. The presentations usually last an hour.

Please come and join us – we are a very friendly group.

If you would like to know more about any of these groups, please contact me.
Pat 01522 874746

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Sugarcraft  
**Convenor – Pat Rampton**

This group meets in my house on the first Wednesday morning of each month from 10.00 – 12.00. We make sugar flowers, sugar models (eg for Christmas and Easter) and piping on biscuits. The models are extremely basic (see photos)



This group is at capacity at the moment but please do let me know if you would be interested in joining us at a future date.  
Pat 01522 874746

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Mahjong Group
Convener – Rosemary King

Our Mahjong Group has now been running for 25 years without a break, every Thursday afternoon. I think I am the only surviving original member, which is just as well as I am the Convener! We still have hard fought battles, do a lot of under the breath swearing when the last, but vital tile is thrown down and one knows one cannot complete the hand!

It is a friendly and happy group, (I hope) where players can relax, enjoy an afternoon out with old friends, use their brain and hopefully win a game or two. Lately we have welcomed three new players, so are up to strength as twelve is enough for us to cope with, even though not everyone plays every week. However, if anyone is interested in learning the game, please let me know.

Rosemary rosemary82king@gmail.com 01522 721187

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Parchment Group  
**Convener – Jill Alder**

I gave the ladies a small gift - Two pages of parchment with an embossed design on each (left), and over the last couple of sessions they have produced the following (right).

They are all slightly different and everyone is very pleased with the result.



Jill Alder  
jillalder@hotmail.com 01522 723038

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Bird Group
Convener – June Austin

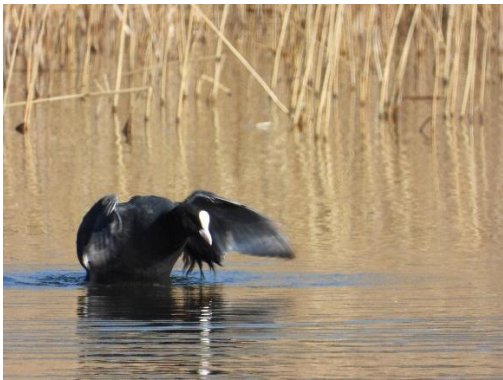
We travel to different areas for Bird Watching on the third Wednesday of each month. Usually these are Nature Reserves such as Gibraltar Point and Frampton Marsh. Here is the report from March 2026.

A fabulous day was had at The Potteric Carr Nature Reserve, Doncaster on Wednesday 18th March. We had birds, butterflies, sunshine and good company.

Our sightings list:

Jackdaw, Coot, Mallard, Robin, Blackbird, Dunnock,
Blue Tit, Great Tit, Long-tailed Tit, Magpie, Wren,
Chiffchaff, Tufted Duck, Shelduck, Shoveler,
Pochard, Pintail, Snipe, Gadwall, Wigeon,
Lapwing, Moorhen, Little Egret, Little Grebe,
Great Crested Grebe, Greylag Goose,
Canada Goose, Cormorant, Mute Swan,
Marsh Harrier, Buzzard, Lesser Black-backed Gull, Herring Gull,
Black-headed Gull.....and of course Wood Pigeon.

I think the highlight for me was to see the Pintails and Snipe because they are a little more unusual, but we also appreciated the Chiffchaff staying in view for a good long time - allowing us to appreciate its subtle colouration.



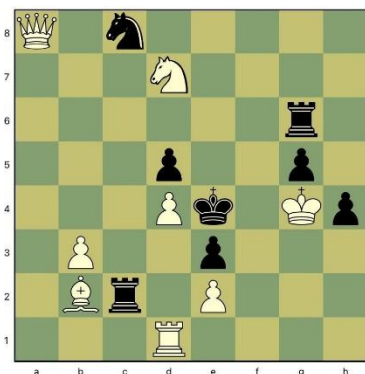
Fran's photograph shows a Coot. We watched four Coots having a bit of a domestic: lots of wings and waves on the previously calm lake at Potteric Carr.

June and Kay
June516@live.com

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### Chess Corner Convenor John Housego

In the last newsletter, in Chess Corner we highlighted a 'Winton' challenge. The claim is: White can force a checkmate in 3 moves .. however, in the group, we could only actually find a checkmate for White in 4 moves ... but we are still trying !!



In the meantime, I have a short article which may be of interest...

### **Chess – “Five Minutes to Learn - a Lifetime to Master”**

The basic rules are simple: each piece moves in a particular way, the aim is to checkmate your opponent's King and two players take turns trying to outthink each other. Yet behind these simple rules lies a depth of strategy and complexity that has fascinated people for centuries.

The beauty of chess lies in this contrast between simplicity and depth. A beginner can understand how the pieces move very quickly, but mastering the game requires patience, study, and experience. Every position on the board presents a new puzzle. Players must think ahead, consider their opponent's plans, and evaluate many possible outcomes before deciding on a move. Because of this, no two games are ever exactly the same.

Another reason chess is so enduring is that improvement never truly ends. Even the greatest champions have continued to learn throughout their careers. Players study classic games, analyse

their own mistakes, and develop new ideas. The game constantly rewards curiosity and careful thought.

Chess also teaches valuable skills beyond the board. It encourages concentration, logical thinking, and planning ahead.

Players learn to weigh risks, recognise patterns, and remain calm under pressure. These habits can be useful in many areas of life.

Perhaps the most remarkable aspect of chess is its universality. People of all ages, cultures, and backgrounds can enjoy the game. A child learning the moves for the first time and a grandmaster competing at the highest level are both engaged in the same timeless contest of ideas.

In the end, the saying "*five minutes to learn, a lifetime to master*" captures the essence of chess perfectly. The rules may be simple, but the journey of understanding the game can last a lifetime, offering endless challenges, discoveries, and enjoyment along the way.

Our group continues to meet alternate Tuesday afternoons 2-4 pm.

Anyone wishing to express an interest in joining the group or to request further information then please contact me. Details below:

Best wishes, John.

john.housego@yahoo.co.uk 07806803085 or 01522 823583

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Industrial Heritage Group
Convenor Pat Thomas

At the January meeting we welcomed Mr Herman Kok who spoke to us about the development and current position of Lindum Construction based at North Hykeham. Following his talk, he invited the group members to a site visit at the Station Road site on Friday 17 April, the day of our usual monthly meeting. I will be in contact with group members who were not present at the March group meeting to register an interest. Numbers are limited to 20.

May Meeting

Redwood Drive Community Centre, off Brant Road Lower Waddington

Coffee until 10.15am for a 10.30am start

Film: Building the Queen Elizabeth II Aircraft Carrier

Following that, the next group meeting will be on Friday 17 September. Announcements will be at Monthly Meeting and in the Summer Newsletter.

Pat

pat.m.thomas24@gmail.com 07914 524261

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Ten Pin Bowling – Trophy!  
**Convenor – David Raines**

One of the longest running groups in the Cliff Villages U3A is the Ten Pin Bowling group. For over twenty five years group members have met up every other Tuesday afternoon to play. It is a fun group and only mildly competitive. Nevertheless in 2003 one of our members, Joe Cook, made the Trophy, which is shown in the photograph. The trophy is awarded annually to the member who has the best Ten Pin Bowling record for the year. The Ten Pin Bowling group is still a well-supported group and new members are always welcome.

The reason for this note about the trophy in this edition of the “Cliff Newsletter” is that having been the convenor for over twenty five years I have finally managed to win the b\*\*\*\*\* thing!

DavidR  
davidraines290@btinternet.com



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## **A Polite Reminder!**

***Please remember that if you attend a group held in someone's home, there is a contribution of 30p for the host towards the costs. Any group gatherings have this covered in the entrance price, which is for the hall and refreshments.***

***Thank you.***

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## Goodbyes

We say farewell to former member Catherine Mills who passed away on 1 March. Some of you may remember Catherine coming on the walks and being a member of the book club.

## Monthly meeting @ The Venue - Navenby

On the second Friday of each month, at The Venue in Navenby, all members are welcomed to a meeting especially with them in mind. You can get refreshments, meet up and have a chat with other members, some of whom you will know and others who will be new to you.

You will be able to keep up with the latest news and information relating to your U3A and finally sit and enjoy a talk on topics as varied and interesting as you all are. Come along and try it, you never know, you might enjoy it!

## .... and finally

**For everyone out there, please take care and enjoy the forthcoming warmer months. Stay healthy and happy until next time.**

Contributions to the Summer issue of the Newsletter should be sent to:  
Tina James [tjwaddo@gmail.com](mailto:tjwaddo@gmail.com), no later than Friday 31 July 2026.

## Cliff Villages U3A Groups Details 2026

| Group                     | Convenor                    | Tel No                       | e-mail                                                                                                                                             | Venue                                                      |
|---------------------------|-----------------------------|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| Armchair Travel           | Stan Leithead & Pat Rampton | 01522 722618<br>01522 874746 | <a href="mailto:stanleithead@googlemail.com">stanleithead@googlemail.com</a><br><a href="mailto:prampton1803@gmail.com">prampton1803@gmail.com</a> | 2 <sup>nd</sup> Wed @ 10:00 am. Redwood Community Centre   |
| Art                       | David Raines                | 07778 826082                 | <a href="mailto:davidraines290@btinternet.com">davidraines290@btinternet.com</a>                                                                   | Monday @ 10:00 am. The Hub Waddington.                     |
| Bird Watching             | June Austin                 | 07723 928110                 | <a href="mailto:june516@live.com">june516@live.com</a>                                                                                             | 3 <sup>rd</sup> Wed @ various times/places                 |
| Book Review               | Judith Horsfall             | 07508695213                  | <a href="mailto:Judithanhorsfall53@gmail.com">Judithanhorsfall53@gmail.com</a>                                                                     | 2 <sup>nd</sup> Tue @ 2:00 pm. Various.                    |
| Bridge                    | Meg Norman                  | 01522 410511                 | <a href="mailto:margaret-norman@sky.com">margaret-norman@sky.com</a>                                                                               | Wed @ 2:00pm. Various                                      |
| Chess                     | John Housego                | 01522 823583                 | <a href="mailto:john.housego@yahoo.co.uk">john.housego@yahoo.co.uk</a>                                                                             | Alternate Tue @ 2pm. 24 Station Rd, Waddington             |
| Computer Security         | Rob Hadfield                | 07858 606202                 | <a href="mailto:robert.1.hadfield@talk21.com">robert.1.hadfield@talk21.com</a>                                                                     | TBA                                                        |
| Crochet                   | Annie Bird                  | 0779 691 1450                | <a href="mailto:normaabird@hotmail.co.uk">normaabird@hotmail.co.uk</a>                                                                             | 2 <sup>nd</sup> Mon @ 2:00 pm. 16 Rowan Road Waddington    |
| Games/Social Afternoon    | Kenny & Yvonne Moir         | 01522 720770                 | <a href="mailto:goldmoir@aol.com">goldmoir@aol.com</a>                                                                                             | 3 <sup>rd</sup> Wed @ 2pm. Waddington Hub.                 |
| Industrial Heritage       | Pat Thomas                  | 01522 887546                 | <a href="mailto:pat.m.thomas24@gmail.com">pat.m.thomas24@gmail.com</a>                                                                             | 3 <sup>rd</sup> Friday @9:45 am. Redwood Community Centre. |
| Kurling                   | Allen Lacey                 | 07580 220330                 | <a href="mailto:vivlacey11@gmail.com">vivlacey11@gmail.com</a>                                                                                     | Alternate Tue @ 10:00 am Wellingore Village Hall.          |
| Longer Walks              | Pat Rampton                 | 01522 874746                 | <a href="mailto:prampton1803@gmail.com">prampton1803@gmail.com</a>                                                                                 | 1 <sup>st</sup> Thu. Various @ 10:00 am                    |
| Mahjong                   | Rosemary King               | 01522 721187                 | <a href="mailto:rosemary82king@gmail.com">rosemary82king@gmail.com</a>                                                                             | Thu @ 2@00 pm. Various.                                    |
| Music                     | Arthur Hazeldine            | 01522 720387                 | <a href="mailto:arthurhazeldine@gmail.com">arthurhazeldine@gmail.com</a>                                                                           | Monthly. Church Lane Waddington                            |
| Parchment                 | Jill Alder                  | 01522 723038                 | <a href="mailto:jillalder@hotmail.co.uk">jillalder@hotmail.co.uk</a>                                                                               | 1 <sup>st</sup> Wed @ 10:00 am. 8 Loweswater, Waddington.  |
| Play Reading              | Meg Norman                  | 01522 410511                 | <a href="mailto:margaret-norman@sky.com">margaret-norman@sky.com</a>                                                                               | TBA                                                        |
| Pub Lunches               | Barbara York                | 01522 720633                 | <a href="mailto:Barbaray1939@gmail.com">Barbaray1939@gmail.com</a>                                                                                 | 4 <sup>th</sup> Thu @ various times/places.                |
| Scrabble                  | Rosemary King               | 01522 721187                 | <a href="mailto:rosemary82king@gmail.com">rosemary82king@gmail.com</a>                                                                             | Wed @ 10:00 am. Various                                    |
| Spanish                   | David Shaddick              | 01522 802128                 | <a href="mailto:david.shaddick@live.co.uk">david.shaddick@live.co.uk</a>                                                                           | Tue @ 10:30am. Waddington.                                 |
| Sugar craft For Beginners | Pat Rampton                 | 01522 874746                 | <a href="mailto:prampton1803@gmail.com">prampton1803@gmail.com</a>                                                                                 | 1 <sup>st</sup> Wed @ 10:00 am Waddington                  |
| Ten Pin Bowling           | David Raines                | 07778 826082                 | <a href="mailto:davidraines290@btinternet.com">davidraines290@btinternet.com</a>                                                                   | Alternate Tue @ 2:00 pm. Washingborough                    |
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